

HUMAN ECOLOGY FOUNDATION OF CANADA

OTTAWA BRANCH

BOX 11428, STATION H, NEPEAN, ONTARIO. K2H 7V1.

E C O - S E N S E

March 1984

Editor: Estelle Drolet

No. 4

NOTE: Advertisements do not in any way imply that the Human Ecology foundation endorses any particular products or services mentioned herein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities vary widely.

A GENERAL MEETING

will be held at the Westboro Community Centre, 411 Dovercourt Ave., 7:30 p.m. Thursday, MARCH 29TH, 1984 where Kent McLeod, B.Sc., Ph.M., Nutri-Chem Pharmacy, will speak (at 8:30 p.m.) on the importance of supplementation (pure and natural) to our diet).

This meeting will also feature the election of the NEW EXECUTIVE. When each position is filled, the tasks are equally distributed and the workload minimal making it much easier for everyone. There are no qualification prerequisites and each one of us has on-the-job training. Positions becoming vacant are: V-P Support System, Membership, Librarian, Funding, Publisher, Publicity, and, most important and imperative Chairperson Wild Game. New positions have been established under the name of Members at Large.

PLEASE NO PERFUMES.....NO SMOKING.....NO AFTER SHAVE.....

LETTER FROM THE PRESIDENT

I would very much like to thank those members who so graciously donated baked goods for our bakesale. One quarter of the Ottawa membership donated some baking. Other than Executive members, two members also donated their time. A great big thank you to Marjorie Wellar, her daughter and Fred Light. A few who were unable to bake, participated in our first fund-raising efforts by giving a monetary donation. Again many thanks. We think it was a success and we banked \$188.40. We intend to allocate this money towards the purchase of an air purifier to be used at HEF general meetings and to be rented out to members.

We have received a positive response to the formation of a phone committee and it is hoped that better communication will be

established between members and the Executive. Members are: Brenda Beckingham, Judith Benson, Moira Geller, Janet Lee, Fred Light and Brian Runnels. And many thanks to them also for the telephone work involved for the bakesale.

I would like to take this opportunity to thank the members of our Executive who are remaining and those who will no longer be holding a position. The outgoing members are Chris Brown, Bruce Ellacott, and Alice McLaggan. The ongoing members are Pat Grant, Jaye Georganas, Michael Dunleavy, Diana Pederson, Lynn Hampton, Barbara McCagg, Carolyn McCoy, Janet Lee, Estelle Drolet & myself. Members staying on will not necessarily fill the same positions. Last but not least, I thank Richard Mattee who audits our books every year.

In closing I would like to say that I hope that the coming year will be better in many ways and that health will improve for each and every one of us.

Sincerely  
*Lynda J. Brooks*  
Lynda Brooks  
President  
H.E.F. Ottawa Branch

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NEWSLETTERS

Since receiving the last local newsletter of Nov. 83, you should have received the HEF Canada Quarterly Vol V, No. 4, Dec 83. If you were a paid member and did not receive these, contact our membership person.

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GENERAL MEETINGS

A General Meeting was held at the Westboro Community Centre on Nov. 23 where an informal get together was planned to discuss how to cope with the holiday season. Well, the best of plans go amok at times. The janitor somehow forgot his instructions and washed the meeting room's floor with an odorous cleaner which affected most members present. We are sorry and we hope this type of situation will not repeat itself.

The Jan. 25 meeting where John Nelms spoke on how to build an ecologically sound house was well attended and appreciated by all. A tape recording of this meeting is in our library.

The Feb. 29 meeting was held at the West Ottawa Community Centre 1064 Wellington. This location was chosen in order to make the location somewhat central and, hopefully, more accessible to people. This meeting was informal. Due to the unusually stormy weather, few people showed up and the meeting adjourned early. The air at this location was particularly detrimental to our president, so once again we are looking for a suitable meeting place. Any of you have suggestions? Please call Faye at 728-3304.  
CONFERENCE

The Allergy Information Association is presenting, in cooperation with Humber College, a comprehensive symposium on allergy called "The 20th Century Disease", June 22-24 at the Constellation Hotel, 900 Dixon Rd, Rexdale, Ont. (416 675-1500).

This conference will address the major issues in allergy today, as well as provide sufferers and their families with up-to-date information on a wide range of topics. It will feature, amongst other things, 15 experts in the allergy field, 12 information packed workshop sessions, a wide array of exhibits on medication and equipment, the latest information on the treatment of allergy, environmental ecology vs traditional treatment, an opportunity to meet and share information with other allergy sufferers, 5 specially chosen buffet meals to allow you to select the foods that fit into your diet. Income tax receipts for the tuition portion of the registration fee will be issued. Child care will be available by pre-request (ages 5-12).

A block of rooms has been set aside at the Constellation Hotel for delegates at a special rate of \$60 single or double. Children under 16 are not charged. This block of rooms will be held until May 4.

Conference Fee: \$135. Cdn. per person (includes conf. program, conf. materials, admission to exhibits, dinner Jun 22, continental breakfast & lunch June 23 & 24 & refreshments. All meals are buffet).

One Day registration - \$60 (meals not included).

Friday Banquet \$35.00 -

Tour of Toronto (optional) \$22.50

For more information, obtain AIA's Allergy Shot Vol 20 from our library or contact AIA, 7 Poynter Dr, Rm 7, Weston M9R 1K8 or phone AIA's Ottawa Branch representative, Jan Barclay, 737-3397.

#### LIBRARY

FINES - A fine of \$1. per week will be charged for books overdue, up to the cost of replacing the book. Our librarian sends written notice of lateness on the day the book is to be returned.

NEW BOOKS in our HEF library

Stress & Relaxation by Jane Madders -  
self-help ways to cope with stress

Selenium, the Great Protector from Prevention Magazine -  
submitted by Diana Dainty

The Rotation Diet Cookbook  
by HEF Toronto - automatically rotated for you  
Also for sale at \$8.

Common Sense Cookbook  
by HEF Hamilton  
Also for sale at \$18.

Biochemical-Pathology Initiated by Free Radicals, Oxidant  
Chemicals, and Therapeutic Drugs in the Etiology of Chemical  
Hypersensitivity Disease by Stephen A. Levine, Ph.D. and Jeffrey  
H. Reinhardt, M.S. Ph.D. candidate. (7 page article).

A Comprehensive Treatment -  
Management Program for Allergy Sufferers  
Book VIII by Joy Underwood B.A B.Ed. Allergy Consultant

Tape - 20th Century Disease

The following should be in the library shortly:  
Missing Diagnosis - Dr. Orian Truss (topic Candida Albican)  
Yeast Connection - Wm. G. Crook

BOOKS

The following books by Sally Rockwell, Nutritionist, are  
available from Diet Design by Rockwell, P.O. Box 15181, Seattle,  
Wash 98115:

The Rotation Game - a color-coded system to the rotation diet  
\$16.95 + \$2 mailing cost (US). (copy in our library).

Rotated Allergy Recipes -  
Automatically rotated for you, each colored section contains  
recipes carefully created for days 1,2,3,4. Color co-ordinated  
with the Master Chart of the Rotation Game  
\$10.95 + \$1 mailing cost (US)

Coping with Candida  
A Simple handbook on how to recognize and control problems caused  
by yeast over-growth.  
\$7.95 + \$1 mailing cost (US)

Allergy Alert Newsletter - \$12 per year (US). Send money order  
or VISA/MC#. Free shipping when you order all four items.

INSECT ALLERGY

With Spring on the horizon, biting and stinging insects will come  
out of their cocoons creating a threat to sensitive and allergic  
people. The AIA Allergy Shot, Vol 19, Autumn 83, gave a review  
of a book written by a professional entomologist, Calvin L.  
Davis, called INSECT ALLERT, (P.O. Box 66, Oshawa, Ont. L1H 4G0).  
The book covers a description of the insect, known allergic  
reactions, safety precautions, the danger signs after being  
stung, emergency treatment, and insect desensitization therapy.

## MEDICINE

Ref. Eco-Sense #2, Aug 83. Nystatin for the treatment of Candida Albican is available at a lower price than most pharmacies from the Kripps Pharmacy Ltd., 994 Granville St., Vancouver, B.C. V6Z 1L2. The information received states:

Nystatin capsules - pure 1,5000,000 I.U. (no fillers)

- 1) \$22.90 per 100 capsules plus dispensing fee of \$6.40 on any size
- 2) \$19.99 for 40 grams, plus dispensing fee.

A prescription is required; goods can be sent COD in Canada, by VISA or MC or prepaid by certified cheque or money order.

This pharmacy also carries all the amino acids and hypo-allergenic vitamins & minerals in powders and capsules. The amino acids come in the following sizes: 60 gm, 120, 140, 480 and 1kg. A price list is being placed in our library. For further information write to Dr. E. Thorpe at the above stated address.

WHOLESALE PRICES - on natural food supplements, herbs, water treatment units and insect control without the use of poisonous chemicals. Contact Barbara Cloutier, 67 Southview Cresc, Nepean - 224-4055. This info is a reprint from the Cdn Organic Growers (Ottawa Region) newsletter Oct/Nov 83.

NOTE: Before purchasing any water treatment units please read our past newsletters #19, Aug 82 and #9 Jan 79, plus an excellent article from the February 83 issue of Consumers Reports available through our library.

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LA PACHO TEA - Ref. the last HEF Quarterly on the topic of Candida Albican (page 13). The ingredients in this tea seem to be helpful in destroying Candida and other fungi. It also may go under the name IPES, a name used in southern Brazil. Available through Louise Shannon, Box 6442, Stn J, Ottawa, K2A 3Y6. Tel: 729-5939. \$12.75 for 84 gr. (or 3 oz), plus postage.

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## NEW PROGRAMME

"Healthstyles" is a new programme with a holistic focus. It is designed to help you look at and change your present lifestyle. This programme offers: information on nutrition, stress, smoking and weight control, skills, tools and a practical method for making changes that work, regular monitoring and support that includes looking at what is and isn't working, barriers to change and how to overcome them. Healthstyles consists of 2 parts:

Healthstyles Basic: a 2 1/2 day workshop for groups of 20, held on weekends or weekdays (child arrangements possible)

Healthstyles Support: regular telephone calls and 5 group sessions held in the evening over an 18 month period.

There is a small fee to cover costs of programme materials and lunches. Inability to pay will not restrict participation. For more information call: 563-1120 or attend an Information Evening, held every Tuesday 7 p.m. Centretown Community Health Centre. Please call to verify at holiday times. Thanks to Susan Savard.

## FOOD

The "Wheat Germ" Health Food Store, 200 Main St. 235-7580, is now stocking a good variety of ORGANIC products, e.g. grain flours, dried fruits, almonds, Deaf Smith Peanut Butter, oranges from California, New Morning Rice Krispies from the New England Co. Also available is goat's milk and cheese, raw cow's milk cheddar, vegetable rennet cheese (rennet is a digestive enzyme in cows' stomach). Vegetable rennet is produced in laboratories. For those who wish fresh organic ground flours, a grinding stone is in operation. 10c per kg is charged for this service. Should you wish a large order, please call the day before and order. This will prevent unnecessary delays. Clients are not allowed to operate the grinding stone. Thanks to Lynn Hampton for the tip.

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The Diet Specialty Co-op previously located on Wellington is now in the Civic Hospital. Thanks to Moira Geller for info.

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FISH harvested from clean waters with no additives or preservatives used in shipping available through Carolyn McCoy. To place your order call 596-1498. The following are available:

<u>FROM</u>		<u>PRICE</u>
B.C.	Salmon Steaks	\$ 6.40
B.C.	Salmon Tail Ends	\$ 5.85
N. Man.	Pickeral Fillets	\$ 6.95
Nfld	Haddock Fillets	\$ 3.95
Nfld	Cod	\$ 3.95
P.E.I.	Scallops	\$11.90
Idaho	Rainbow Trout	\$ 4.10
N. Man.	Lake Trout fillets	4.40
N. Man.	Whitefish	\$ 4.85
Iceland	Haddock	\$ 5.02

If \$200.'s worth is ordered, then the company will ship from Toronto to Carolyn. If not, then Lynda will pick it up in Toronto the next time she must go.

MOOSE MEAT and REINDEER - we now have on hand a good supply of moose meat and hope to obtain some reindeer soon, so this is the time to stock up while the supply is good.

## GARDENING

A 70 year old couple, operating a 27 acres organic farm is looking for help. They have goats and other animals. Live-in accommodation is available. Contact Margaret Schmidt, R.R.#3, Smith Falls, Ont. K7A 4S4 - tel: 283-6155.

Information sheets on sources of "untreated" garden seeds plus other useful gardening information are available through our membership person Pat Grant at 820-0697 for \$1.00.

## CLOTHES

Men's silk gloves at \$12.95 and silk socks at \$19.95 at Black's Camping International, Carlingwood Mall - 728-2267. Only a few left. Their new shipment for these items, for both men and women, will be coming in the Fall. Thanks to Janet Lee for info. Also available are cotton shirts, pants, shorts, flannel shirts for both men and women and some corduroy skirts.

A Cotton Ginny store is now located at Bayshore Shopping Mall.

100% cotton blanket - grey utility blanket, handy for camping, cottage, etc. approx 117 x 183 at KMart, (\$4.99).

## PRODUCTS

AIR FILTERS - The Dynamic Electronic Air Filter is an all new, Canadian made, central filter which reduces dust, pollen, lint, smoke and does not produce ozone.\* It is available in sizes to fit all furnaces. There are absolutely no changes or alterations required to furnaces or duct work. Just replace old fiber glass filters with this new filter and plug it in. Although there are not, as yet, published test results (from an independent company) of the size of particulates which this unit can filter, we are told to expect an efficiency of .3 to 3 microns at a minimum of 97%. It has been tested by the Health & Welfare Dept. but it is against Gvt. regulations to publish their results. An independent U.S. company is presently doing efficiency testing. If you don't have any air filters in your house, the first filter will probably last only 6 to 10 weeks after which your filters should last 4 to 8 months. The filters cost approx. \$4. each. This unit retails at approx. \$180. A charcoal filter can easily be added for protection against certain chemical fumes (ref: Common Sense for the Sensitive for list of chemicals and activated charcoal's capacity to remove such from the air).

A portable room to room unit should be on the market shortly. This unit can be ordered with a wood or metal cabinet. A price has not been set but it should sell for approx. \$270 to \$300.

The following companies are retailing the product in the Ottawa area:

Francis Fuels Ltd, 508 Gladstone Ave	238-4700
J.C. Robinson & Sons, 1180 Heron Road	733-2481
E.N. Blue, R.R.#3, Nepean	825-2418
United Fuels, 2407 Kaladar Ave	731-8311
Independent Fuels, 1985 Merivale Road	225-0700
Tri-Con Enterprises, 2675 Blackwell Ave	744-2260
Cummings and Reid, 874 Boyd Ave	725-1059
Ansal Quality Home Services, 1000 Somerset	230-0400
Aqua-Scene Ltd, 31 Northside Rd, Bells Corners	829-3545

Should you wish any further information, you can contact:

Engineering Dynamics Ltd., (manufacturers) Hwy 29, Carleton Place, Ont. K7C 3P1.  
Designer Dean Joannou, (613) 257-5450 or Sale Rep. Graham Parkin 929-4416 or answering service 820-6660.

\* Note: Ozone is a component of air pollution. Some electrostatic type filters produce ozone and nitrogen oxides.

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PHONES - for the chemically sensitive. A limited number of antique European telephone circa 1920-40 were received in December. They come with a 1 yr guarantee on parts and labor. No solvents or chemical cleaners have been used. Each phone comes with cloth cords and modular ends. Shipped anywhere.

Desk model - ivory bakelite with white cord  
Cradle desk model-steel and brass with bakelite trumpet mouthpiece  
Wall phone--wooden case with brass mouthpiece.

All models are \$225 incl. shipping & handling charges. Each order must be accompanied by \$125 US money order to Suzi Harry. The remainder is due upon delivery. S. Harry, Basic Oasis, P.O. Box 6762, Santa Barbara, Ca 93160 - (805) 964-5708.

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HEATERS - Hilary McCarthy, who owns four of the diathermic oil electric and hot water baseboard heaters, reports that these are both efficient and less expensive to operate than the electric furnace. Her heating bill for Dec/Jan of this year was \$30 less than last year although this year was colder. There is another heater on the market called "De Langli" which comes with two 500 watt switches, is smaller in size but is more expensive. Hilary says she prefers the oil radiators.

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IONIZER - The HEF ionizer is still available for rent to members for \$10 per month from our librarian.



Linda Brooks  
Village News  
Rumour  
K2L 1J8

## POLLUTION

WATER - Ref. our last newsletter on the topic of high levels of radon in spring and well waters of certain suburban areas of Ottawa. Dr. Virginia Salares is still awaiting an answer from Queen's Park.

POLLUTION IN THE SCHOOLS - The painting of classrooms is a real threat to asthmatics and chemically sensitives. Last year, in the Toronto area, it was observed that many students and teachers were adversely affected by paint fumes. One teacher had to be taken out on a stretcher. This teacher has won Workmen's compensation benefits; It is to be noted that this is the first such compensation case in Ontario. The Metropolitan School Board is being approached by this teacher and supported by the parents of the children adversely affected, in the hope that they may convince the Board to schedule the painting of schools during the summer holidays as there is a growing number of people suffering from the adverse effects of chemical fumes.

PEST CONTROL SURVEY - Linda Harry sent the HEF Ottawa Branch a pest control survey in the hope of obtaining the results from personal experience with non-toxic pest control methods in order to find the ones that really work. This research will be available in a book form. It will cover pesticide health hazards, common myths about their use, and daily exposures. It will give workable options for common insects as well as resources for more information.

What methods have you used against the following pests? Give effectiveness. List products by complete name and manufacturer. You need not include methods previously printed in allergy books or newsletters - ants, bedbugs, chiggers, cockroaches, fabric pests, flies, fleas, groin pests, houseplant pests, lawn pests, mosquitos, poison oak/ivy, rodents, silverfish, spiders, stinging insects, termites, ticks.

Where have you been exposed to pesticides in unsuspected places? What have you used to inactivate pesticide residues or hasten out-gassing?

Send your name and address if you are interested in purchasing a book on the subject. Linday Harry, Basic Oasis, P.O.Box 6762, Santa Barbara, Ca 93160.

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FORMALDEHYDE - Thanks to Susan Savard for sending us papers on Formaldehyde which has been placed in our library. A 10-page newsletter from the Environmental Guardian (Aug 83) put out by SUFFER. SUFFER is a (US) grassroots non-profit organization of families exposed to formaldehyde. This newsletter contains National Updates, State U-date, Congressional Hearings, National Conference on Formaldehyde and building-related illness, lower IQ blamed on formaldehyde and a one-page bibliography of articles published or programs broadcast on the topic.

THE HUMAN ECOLOGY FOUNDATION OF CANADA

OTTAWA BRANCH

STATEMENT OF RECEIPTS AND DISBURSEMENTS FOR THE  
YEAR ENDED DECEMBER 31, 1983

CASH ON HAND AND IN BANK, JANUARY 1, 1983

\$1,040.88

Add: Receipts

Food supplies	33,760.62
Memberships (138)	2,209.60
Donations	1,196.00
Ecological supplies	464.59
Library materials	92.00
Ionizer rental	60.00
Bank interest	18.73
Remainder of petty cash	1.25

TOTAL RECEIPTS

7,802.79  
\$8,843.67

Less: Disbursements

Travel	11,869.23
Food supplies	1,673.58
Postage	1,096.76
Printing	1,024.98
National Office assessment	595.00
Ecological supplies	482.06
Library materials	370.09
Telephone answering machine	179.70
Office supplies	163.93
Petty cash	125.00
Meeting expenses	78.15
Education	51.80
Donations	50.00
Bank charges	37.32
Post office box rental	33.92
Gift	33.15
Photocopying	20.00
Memberships (other organizations)	12.00

TOTAL DISBURSEMENTS

7,896.67

CASH ON HAND AND IN BANK, DECEMBER 31, 1983

\$ 947.00

Diana Pedersen  
DIANA PEDERSEN, TREASURER